

Generation With Promise, Year II: Suggested Resources

Dr. Anne Murphy, R.D.; GWP Evaluator and Nutrition Specialist (8/20/08)

This document is designed to save you time as you hunt for resources to use in your GWP project. All resources listed relate to three GWP goal areas (1) eat healthy, (2) be active or (3) don't smoke.

USDA Food and Nutrition Services (FNS) created MyPyramid and has many resources that are free for downloading (www.mypyramid.gov). Examples are:

- MyPyramid (for middle school) posters and mini-posters
- Anatomy of a Pyramid (explanation of MyPyramid graphic)
- MyPyramid Lessons (Level 3 is for grades 5-6;
<http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html>)
- Fruit & Vegetable Challenge (Students track fruit/vegetables they eat at lunch)
- MyPyramid food intake patterns for various calorie levels; info about each food group
- MyPyramid Plan: quick estimate of how much you/individuals need from each food group
- MyPyramid Menu Planner to help you plan meals that meet your goals/recommendations
- MyPyramid Tracker is an online assessment based on what you eat and how active you are for 1 day



Team Nutrition is part of USDA FNS. Enrollment is required for GWP schools. MI Team Nutrition has an excellent web site www.tn.fcs.msu.edu. Click on *resources* for an extensive list of materials relating to nutrition or physical activity. Click on *grants* for an updated list of funding opportunities for schools. Click on *events* for professional development options. The site also includes a link to county extension offices which offer many resources, programs and trainings. The following materials were all developed by USDA's Team Nutrition:



Empowering Youth with Nutrition and Physical Activity. A resource that helps teachers of middle/high school students to be good role models for health. Tips are given to integrate nutrition and physical activity into programs and events. Two copies are available to middle/high schools at <http://tn.ntis.gov/> or download from [www.teamnutrition.usda.gov/Resources/empoweringyouth.html](http://teamnutrition.usda.gov/Resources/empoweringyouth.html).

The Power of Choice is for use in after-school programs for youth ages 11-13. It has ten topic-related sessions (and background info for educators) about healthful eating and being active. It allows youth to practice thinking skills, goal setting and decision making. The newest version of this program is on a CD and comes with four USDA posters. Order this FREE kit by calling the National Team Nutrition office at (703) 305-1624 or download components at http://teamnutrition.usda.gov/Resources/power_of_choice.html.

Nutrition Essentials: Teaching Tools for Healthy Choices contains six lessons to encourage middle/high school students to develop healthy lifestyle habits through informed choices. Training and handouts are provided on a CD. Nutrition Essentials is based on MyPyramid and is free to Team Nutrition Schools: <http://teamnutrition.usda.gov/Resources/nutritionessentials.html>. The program includes a booklet with five USDA posters: *MyPyramid*, *How Much Do YOU Eat? READ IT before you EAT It*, *Food for a Day*, *Move It!*

Popular Team Nutrition Events: An Idea Book. Twenty events you can do at school. Examples: school gardens, healthy field day, a workshop for parents, health fairs, breakfast club and more. This is free and can be ordered from <http://tn.ntis.gov/>.

Posters: The following USDA posters can be ordered at no cost from: <http://tn.ntis.gov/>.

- My Pyramid and MyPyramid for Kids
- READ It (about food labels)
- How Much Do YOU Eat? (about portion size)
- Food For A Day (recommended amounts of food for MyPyramid recommendations)
- Move It (Physical Activity)

Tools to Help Implement the Michigan School Breakfast Challenge: A kit to help you start, expand or improve school breakfast, including tips for breakfast in a classroom, grab 'n' go breakfast or breakfast-after- first-period programs, can be downloaded at www.fns.usda.gov/cnd/breakfast/toolkit/. A great resource for breakfast resources is: <http://nutrition.psu.edu/projectpa/2007Style/html/breakfast-resources.html>.

MICHIGAN MATERIALS:



MI Model for Health: “It’s Time to Move!” (1998) has four lessons (grades 7-8) covering the importance of physical activity for a healthy life. This module will be modified during the 2008-09 school year and will be combined with the Nutrition Module, **“What’s Food Got to Do With It”** (2006). Current topics include MyPyramid, food labels, advertising claims, body image and fast food information. *GWP PE and Health teachers will be trained on that new merged curriculum in the spring or fall of 2009.* **“It’s**

No Mystery: Tobacco Is a Killer” is the tobacco education module that is currently under revision for completion in winter of 2009. *Training on the new tobacco module will be provided for the person at your school that teaches health in winter, 2009.* In addition, your school will receive this curriculum and materials needed to implement it in your school. A few goals of this tobacco module are that students will understand the health benefits of abstaining from tobacco use, understand the health, legal, social and financial issues related to tobacco use; and utilize the skills needed to abstain from tobacco use and support others who choose to abstain. For info about MI Model: www.emc.cmich.edu.

Michigan Action for Healthy Kids (MAFHK) Toolkit provides a wealth of information for schools including recommendations for forming effective teams, handouts about implementing your local wellness policy and guidelines for changing the school environment to offer opportunities for students to move more, eat healthy and not smoke. This kit was distributed to hundreds of schools in MI to assist them in taking action to make a difference in the health choices of students. You can download some parts from www.tn.fcs.msue.msu.edu. Two very helpful booklets included in the kit are: *Tips and Tools to Help Implement Michigan’s Healthy Food and Beverages Policy* and *Tips and Tools to Promote Physical Education and Physical Activity*. Find them at: www.tn.fcs.msue.msu.edu/HealthySchoolToolkit.html.



Policy Documents: The model Local Wellness Policy for MI is at: www.tn.fcs.msue.msu.edu/policies.html. Michigan’s policy on healthy food and beverages in schools is posted at: www.tn.fcs.msue.msu.edu/Stateboardofeducationnutritionpolicy12003.pdf and the policy for our state on quality PE is at: www.tn.fcs.msue.msu.edu/Boardpolicyqualitype91603.pdf.

The **Exemplary Physical Education Curriculum (EPEC)** (Michigan Fitness Foundation) is research-based and fully aligned with the standards of the National Association for Sport and Physical Education. Middle-school modules include Personal Conditioning (PC), Basketball, Golf, Resistance Training, Soccer and Volleyball. These modules are designed to equip students with the knowledge, skills and attitudes they need to participate in lifelong physical activity. PE teachers in GWP schools were offered EPEC training on Personal Conditioning in May 2008 and will be again in September (2008). It is possible that training on the other modules will be provided in Year



III. The curriculum and training are paid for by the grant. The equipment needed to implement the Personal Conditioning training is \$506 (including shipping and handling). For info: www.michiganfitness.org/epec.

Fit Bits, a new component of EPEC, is comprised of 10- to 15-minute activities for classroom teachers to use to get kids up and moving during the school day. Each activity reinforces either a basic nutrition concept (fruits/veggies, healthy snacks, variety/try new foods, and wash hands before eating) or a personal/social skill (e.g., respect for others, cooperation).



There are 40 activities per grade level. NOTE: This resource is designed for K-5, but the fifth-grade Fit Bits book can be used with middle school. The cost is \$50 per set + S/H; find out more at www.michiganfitness.org/fitbits/. Many activities use food model cards (\$17); order from United Dairy Industry of Michigan: 1-800 241-MILK.

NOTE: The United Dairy Council of MI provides four trainings to schools at no cost: *Got Kids? Get Milk!* (Information and misinformation about milk and its role in overall nutrition), *Live Well* (Staff Wellness), *New Look of School Milk* (for school foodservice staff about using milk in plastic bottles instead of cartons) and *Proper Care and Handling of School Milk* (food service). 800-241-MILK to schedule training at your school.

Educational Materials (not developed in Michigan)

Planet Health is a set of lessons for middle school youth about nutrition or physical activity. The program also contains several lessons about health that relate to science, math, language arts and social studies. The lessons are 30 to 60 minutes and engage students in problem solving and team work. Every Planet Health lesson incorporates a range of language arts learning standards and engages students through discussion ideas for small or large groups in which they cooperatively learn and solve health-related issues. Active discussions are used to encourage higher-level thinking and peer-group work fosters social development. The cost is \$49 plus shipping and handling. <http://www.planet-health.org>.

Live Well! Enjoy Nutrient Rich Foods Tool Kit. Fifteen interactive lessons designed for adults but useful with middle or high school students. The kit contains reproducible handouts, a Leader's Guide and a MyPyramid poster. Cost is \$10 plus S/H from <http://www.beefnutrition.com/mateLiveWell!EnjoyNutrient-RichFoodsToolkit.aspx> or download from: <http://www.nutrientrichfoods.org/documents/toolkit.pdf>. Sign up for the Nutrient Rich Foods Newsletter at: <http://www.nutrientrichfoods.org/subscribe.html>.

Media Smart Youth is a free ten-lesson curriculum developed by the National Institute of Child Health and Human Development of the National Institutes of Health. It helps youth learn about advertising through a focus on media literacy. You can also order the Media Smart Youth packet online or by calling the NICHD Information Resource Center at 1-800-370-2943. The packet is not for each youth participant; it is for the person who leads the after-school program.

VERB: It's What You Do is a national social marketing campaign coordinated by the Department of Health and Human Services' Center for Disease Control and Prevention (CDC). This campaign encourages 9 to 13 year olds to be physically active every day. Includes posters, tip sheets and mini-magazines to increase knowledge, improve attitudes and belief about physical activity. Free: <http://www.cdc.gov/youthcampaign/>.

PROGRAMS THAT SUPPORT PHYSICAL ACTIVITY IN SCHOOLS

Safe Routes to School (SR2S) is a program with the goal of increasing physical activity in youth by helping schools make the route to school safe for students to walk or ride their bikes. Walk-to-School Day is a one-day event that promotes walking or biking to school (first Wednesday in October). Find out more about SR2S at www.saferoutesmichigan.org or Walk to School Day at www.saferoutesmichigan.org/w2sd.htm. A guide to promote walking to school is located at: www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm.

ACES (All Children Exercising Simultaneously) occurs world-wide on the first Wednesday in May. At 10 am, students stop what they are doing and do some type of physical activity for at least 20 minutes. ACES brings attention to the importance of activity; an idea kit is available at www.michiganfitness.org.

Walking clubs. You can purchase mile cards, incentives, certificates and everything you need to run a great walking program at www.fitnessfinders.net. Consider running your mileage club for only part of the year to keep enthusiasm high. Walking clubs can be offered before or after school or during the noon hour recess. A mileage club kit for a coordinator and six classrooms is \$54.95 (\$99.95 for 12 classrooms). Cost for pedometers is about \$5. Adding a walking path might be a good use of your grant funds since the path will remain for your students, staff and community to enjoy for many years to come.

Helpful web sites:

- Having a taste testing to get input from students to improve school meals? Placemats with nutrition information are available for \$6.99 per 100 from www.shop5aday.org. This site also has educational games to teach students about fruits and vegetables. Jazz up your cafeteria or any area of your school with Mylar balloons shaped like fruit/veggies: www.shop5aday.org or www.neatsolutions.com.
- MyActivity Pyramid, University of Missouri: <http://extension.missouri.edu/explore/hesguide/foodnut/n00386.htm>
- Washington State Dairy Council: www.eatsmart.org, 425-744-1616. Lots of good resources to order.
- BAM! Body and Mind, www.bam.gov. A CDC site that provides information for middle school students in an appealing way. An activity challenge is included.
- www.nutritionforkids.com has resources, newsletter, and a book about teaching nutrition to kids

Tobacco Resources and Programs

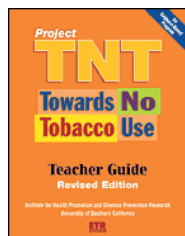
Teens Against Tobacco Use (T.A.T.U) is sponsored by the American Lung Association. TATU is a peer-teaching tobacco control program aimed at deterring youngsters from starting to smoke. The program employs peer-teaching to teach young people about tobacco use and become advocates for tobacco-free communities. Peer involvement and communication are based on face-to-face interactions and planned activities. These activities stimulate active participation, learning and role-playing and provide real world, age-appropriate experiences for teens. For more information, contact the local American Lung Association (see phone number and website below).



Word of Mouth: Youth Tobacco Prevention Program is sponsored by American Lung Association. **Word of Mouth (WOM)** is designed to prevent children and adolescents from using tobacco and becoming addicted to nicotine. It targets children in grades 4 through 8, a time when they are most at risk for initiating tobacco use. The goal of this program is to reduce youth tobacco use, enhance knowledge, and improve attitudes towards nonsmokers. Students take part in four lessons throughout the school year. The lessons empower the students by teaching them the skills they need to make healthier decisions and refuse tobacco. WOM takes an innovative hands-on approach that incorporates successful prevention strategies along with the use of both traditional classroom and web-based education. For more information about American Lung Association tobacco control programs, call the American Lung Association at 1-800-LUNG-USA or visit the association on the Web (www.lungusa.org).

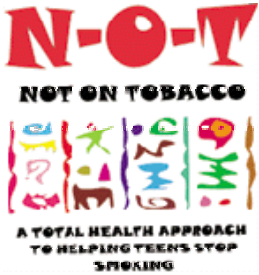


Project TNT Towards No Tobacco Use (Gr. 5-9) by ETR Associates is an evidence-based, comprehensive curriculum proven effective in helping young teens say no to tobacco. It aims to prevent and reduce tobacco use by students in grades 5-9. The project is based on the theory that youth will be better to resist tobacco use if they are aware of misleading information that facilitates tobacco use, have skills that counteract the social pressures to obtain approval by using tobacco, and appreciate the physical consequences of tobacco use. Project TNT comprises 10 core lessons and 2 booster lessons, all 40-50 minutes in duration. The core lessons are designed to be taught over a 2-week period but may be spread out over as long as 4 weeks. The curriculum uses a wide variety of activities to encourage student involvement and participation. Activities include games, videos, role-plays, large and small group discussion, use of student worksheets, homework assignments, activism letter writing and a videotaping project. To order or request more information, call **1-800-321-4407**.



Youth Smoking Cessation Resources

Project EX is a school-based smoking-cessation clinic program for adolescents that stresses motivation, coping skills, and personal commitment. Consisting of eight 40- to 45-minute sessions delivered over a 6-week period, the program curriculum includes strategies for coping with stress, dealing with nicotine withdrawal, and avoiding relapses. Project EX uses engaging and motivating activities such as games and yoga to reduce or stop smoking among adolescents and teach self-control, anger management, mood management, and goal-setting techniques. The first four sessions are intended to prepare students for an attempt at quitting smoking, which should take place between sessions 4 and 6. The remaining sessions are designed to maintain quit status and enhance quit attempts. Project EX clinics operate during school hours. Each clinic group can accommodate 8 to 15 students. Materials costs include \$60 for the teacher's manual (with audio CD), \$35 for a set of five student workbooks, and \$2.50 each for student pretests/posttest surveys plus shipping and handling. Training ranges from \$1,100 to \$2,000 plus travel reimbursement. To order, call (800) 400-8461 or (626) 457-4048. Information about Project EX is also located on www.modelprograms.samhsa.gov or www.cceanet.org



N-O-T was designed specifically for teens, using a gender-sensitive, 10-session curriculum that includes booster sessions. Teachers, school nurses, counselors and other staff and volunteers trained by the American Lung Association facilitate the sessions in the schools and other community settings. N-O-T is the American Lung Association's school-based voluntary program designed to help students: stop smoking, reduce the number of cigarettes smoked, increase healthy lifestyle behaviors and improve life management skills. For more information about N-O-T and other American Lung Association tobacco control programs (1-800-LUNG-USA or www.lungusa.org).

Nationally Recognized Events

Kick Butts Day www.kickbuttsday.org

Kick Butts Day was launched in September, 1995 by The Campaign for Tobacco-Free Kids, and has expanded throughout our nation. Kick Butts Day is a national day of youth led activism that empowers youth to speak up and take action against tobacco use at more than 2,000 events from coast to coast and throughout the world. This is their chance to stand out, speak up and raise awareness of the dangers of tobacco use. For more information, register your event, and to get your FREE activity guide, please visit their website at www.kickbuttsday.org

World No Tobacco Day, 31 May 2008

The World Health Organization (WHO) recognizes World No Tobacco Day (WNTD) each year on May 31. Every year, WHO communities and organizations all over the world celebrate World No Tobacco Day with events to raise awareness about the devastating harm caused by tobacco use. For more information, register your event, and receive FREE campaign materials, visit <http://www.who.int/tobacco/wntd/2008/en/>.

Great American Smokeout

The Great American Smokeout is part of the American Cancer Society's Great American Health Challenge, a year-round initiative that encourages Americans to adopt healthy lifestyles to reduce their risk of cancer. On the third Thursday of November each year, American Cancer Society urges all Americans using tobacco to stop using for one day and utilize a support method. More information on the Great American Health Challenge is available at <http://www.cancer.org/greatamericans> or by calling 1-800-ACS-2345.